



## Pre and Post Treatment Instructions

### EmSculpt

For your safety and in order to obtain optimum results, the instructions below should be followed

- What to Expect During Your EmSculpt treatment:
  - o Wear comfortable clothing on the day of treatment.
  - o Remove all jewelry and electronic devices prior to treatment.
  - o Notify the provider if you have any metal implants or pacemakers.
  - o Notify the provider if you are pregnant or nursing.
  - o Notify the provider if you have had surgery, including a C-section, in the treatment area in the last year.
- What to Expect After Your EmSculpt treatment:
  - o After the treatment, you may resume normal activities. However, please refrain from working out the treated area during the treatment period.
  - o You may experience some soreness or tenderness in the muscles over the next few days.
  - o Resume a healthy fitness routine, diet and lifestyle to optimize and maintain your results.

Subsequent treatments are based upon your clinician's recommendation. Typically a regimen of 4 treatments in a two week period are recommended for best results.

**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Date**

**YOUR TREATMENT WILL BE PERFORMED AT:**

**EMPIRE MANAGEMENT GROUP  
1721 WESTWIND DRIVE, SUITE A  
BAKERSFIELD, CA 93301**

**\*PLEASE NOTE: THERE IS A \$250 CANCELLATION FEE IF YOUR  
APPOINTMENT IS CANCELLED WITHIN 24 HOURS\***